

GULF DEFENDER



Vol. 64, No. 28

Tyndall Air Force Base, Fla. *Gulf Defender*

July 15, 2005

In brief

Change of command

Col. Sean Murphy, 325th Medical Group commander, will relinquish command to Col. George Nicolas Jr. at a ceremony 8 a.m. today in the Dental Clinic parking lot.

SNCO Induction Ceremony

Tyndall Top 3 invites Team Tyndall to its 8th Annual Senior NCO Induction Ceremony Dinner Thursday. Social hour will begin at 6 p.m. and dinner at 6:30 p.m. The menu includes London broil and stuffed chicken breast. The cost is \$17 for club members and \$20 for non-club members. Those wishing to attend must RSVP to their first sergeant no later than Wednesday.

Golf course hours

The Pelican Point Golf Course will have the front nine holes open Thursday. The back nine are closed due to damage from Hurricane Dennis. For more information on fees and hours of operation, call 283-4389.

What's inside



Don't crack under stress
... PAGE 15

Tyndall hit by Hurricane Dennis

1st Lt.

J. ELAINE HUNNICUTT

325th Fighter Wing Public Affairs

The brunt of Hurricane Dennis did not hit Tyndall AFB when it came ashore Sunday at 2:30 p.m., with wind reaching 120 mph, but the base did suffer an estimated \$2.1 million in damages to facilities from wind, rain and storm surge generated by the hurricane.

In the local Panama City area winds reached in excess of 50 mph; 10,000 houses lost power; and some bridges and streets in the community were closed.

The 325th Civil Engineer Squadron assessed the damage following the storm. These estimates are based on a 24-hour visual assessment of the external areas of the 1,710 base facilities and surrounding property.

"My team goes out as soon as it is safe and begins visually checking all facilities externally," said Maj. Anne Coverston, 325th CES Operations Flight Commander. "We cannot quickly gain access to the inside of the buildings. Therefore, the base depends on facility managers at each location to inspect the interiors and equipment of the buildings that they are responsible



Isaac Gibson

Members of the 325th Civil Engineer Squadron clear a tree that knocked over a light pole during Hurricane Dennis Sunday. No one on base was hurt during the hurricane, but Tyndall suffered about \$2.1 million in damages to its facilities. This is the first hurricane to reach Tyndall this season.

for as soon as they return to duty," she said. All of the findings are consolidated with the 325th Comptroller Squadron and sent up to Air Education and Training Command Headquarters.

Leadership ordered the evacuation of almost 100 aircraft from Tyndall in preparation for the Category 4 hurricane, Dennis, brewing in the Gulf of Mexico Friday. F-15 Eagle and F/A-22 Raptor aircraft began evacuating that morning. The F-15s evacuated to Naval Air Station Fort Worth, Texas, and Tinker AFB, Okla. All the Raptors evacuated to Nellis AFB, Nev.

"Our Airmen quickly and efficiently moved aircraft to safety; the entire base populous was prepared for the worst," said Brig. Gen. Jack Egginton, 325th Fighter Wing commander.

The fighter wing commander released Tyndall employees, who did not have a mission requirement for them to stay as a part of the disaster control group or as an emergency responder for

"We have some work to do to get the base back in order, but it could have been far worse."

BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

the base, Friday for evacuation from Bay County.

"I am thankful that we did not lose any of our people during the storm and that the evacuation went without incident," said General Egginton. "We have some work to do to get the base back in order, but it could have been far worse. We must remember how fortunate we are as we press ahead and get our lives back in order.

"Luckily we did not get the bulls-eye, but next time we make preparations, it may happen to us," he added. "Therefore, we have to prepare the same way every time."



Steve Wallace

A temporary cellular tower here collapsed during the hurricane.



Staff Sgt. Benjamin Rojek

Fund guy

Senior Master Sgt. Ray Graber, 325th Comptroller Squadron deputy dispersing officer, counts out funds from the vault for end of day balancing. The cash was on hand for hurricane disbursements and as an emergency fund for buying supplies and services in case the base had been devastated by Hurricane Dennis. The 325th CPTS keeps any money they have on hand locked in a safe, in a vault, in a locked room secured by alarms linked to security forces.

Tyndall’s weekend weather forecast

Today

Partly cloudy, late showers and thunderstorms



High: 91 Low: 77 High: 93 Low: 77 High: 93 Low: 79

Saturday

Partly cloudy with seabreeze thunderstorms



Sunday

Partly cloudy with seabreeze thunderstorms



Courtesy of the 325th Operations Support Squadron weather flight

ON THE STREET

Where did you go for Hurricane Dennis?



“I boarded up the house, loaded up the van and evacuated to Kingsland, Ga.”

2ND LT. STEPHEN REED
325th Services Squadron



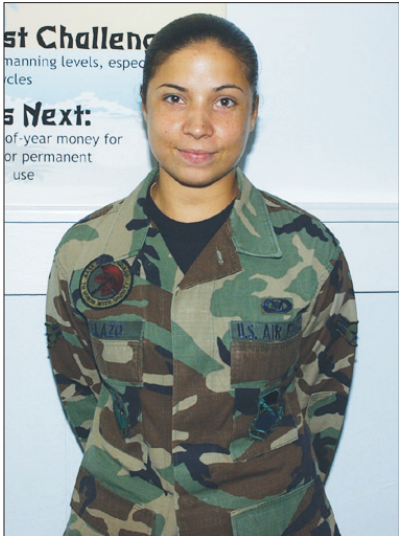
“My family and I went to Valdosta, Ga.”

STAFF SGT. RICKY ALLEN
325th Maintenance Squadron



“I pulled down the shutters, stocked up on water and batteries and went to Atlanta.”

SENIOR AIRMAN
AQUILINO ALVEO-FORBES
325th Medical Operations Squadron



“I taped up my windows, pulled my electronics away from them and went to Jacksonville.”

AIRMAN 1ST CLASS LORI COLLATO
325th Air Control Squadron

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1st Lt. Albert Bosco chief, internal information
2nd Lt. William Powell deputy chief, internal information
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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Checkertail Clan has always been ‘Excellent’

COL. BRETT HASWELL
325th Maintenance Group commander

Before I dig into core values, I’d like to thank each and everyone of the 325th Fighter Wing for their outstanding performance during the evacuation for Hurricane Dennis.

Even before I arrived at Tyndall, your reputation for exceptional teamwork was renowned. I have now been able to witness this first hand during our recent preparation, evacuation and recovery. The response from every member of the wing was amazing. Everyone pitched in to launch the aircraft, secure facilities, equipment and remaining aircraft, and finally, evacuate all non-essential personnel.

This process was accomplished with positive attitudes, aggressive decisions and genuine care for all members and their families, to include military, civilian and contractors alike. I’d like to thank you all for an amazing display of team effort and cooperation, as well as a great training exercise. Since my family just arrived at Tyndall 12 days before the evacuation, we were impressed to watch the effi-

ciency and care for all members. I am proud and honored to be part of the Checkertail Clan.

Speaking of pride and honor, let’s talk about one of the core values - Excellence. General John Jumper, the Chief of Staff of the Air Force, often says our core values - Integrity, Service before Self, and Excellence in all We Do - have been around for more than 50 years. They weren’t a new invention, and can easily be found throughout the stories of our early Airmen, the first Checkertails.

During the campaign to drive the Germans from Northern Africa and retake Italy, the 325th Fighter Group made a name for themselves due to their overwhelming effectiveness and group teamwork. Even though they were starved for supplies and aircraft parts, they managed to accumulate a long list of ‘firsts.’

Activated in July 1942 during the early days of World War II, the 325th FG flew P-40 Warhawks, often considered an inferior aircraft compared to the Luftwaffe’s Messerschmitts and Focke-Wulfs. Yet they excelled due to teamwork and superior flying skills. In fact their 567-mission record lists

many exceptional accolades including 85 bomber escort missions without losing a single bomber, and over 800 enemy aircraft destroyed in the air and on the ground. With many successful missions driving their reputation, they were the first group to carry a distinctive unit marking, the yellow and black checkerboard pattern. I’m sure that distinctive marking enhanced the comradeship of the 325th FG and enabled them to build a stronger team spirit.

Excellence can be defined, described and discussed in many ways, but it will truly only stand out if many factors come together at the same time in a well built team. Some call this synergy, others call it cohesiveness, but it’s all about suspending our focus on ourselves and going the extra mile to make the team more than the sum of its individual parts. If the members aren’t motivated and positive about the team’s mission, then the team will suffer.

Since I just assumed command of the Maintenance Group, I must talk about our excellent maintainers. There are many compo-

nents to good maintenance. My first maintenance chief, Chief Master Sgt. Gerald Cheney, taught me, “The key to good maintenance is maintenance discipline.” The keys to superior maintenance are maintenance discipline, great teamwork and innovative creative leadership. Note that the ‘creative’ characteristic should not override the ‘discipline’ foundation.

The maintainers in the 325th Fighter Wing are nothing short of outstanding. They are proud of their units, yet eager to work together with the other units on base to accomplish the mission. They are devoted to continuous improvement through any methods or means available. And above all, they do it with integrity and concern for their folks. This is an excellent team.

Today, the 325th FW carries that tradition of excellence into a new age, with a remarkable reputation for superior performance, made possible by exceptional teamwork. You are the best of the best - training the world’s greatest fighter pilots, maintainers and air battle managers. We are all fortunate to be members of the famous Checkertail Clan!

Education provides important tools for Airmen’s careers, future

MASTER SGT. JOHN ROSS
325th Aircraft Maintenance Squadron

Have you ever wondered just what getting a degree from the Community College of the Air Force is going to do for you? Hopefully I can provide you with some insight on that subject.

I looked back to when I earned my first CCAF degree and tried to quantify some ways it has impacted my life and career since. Three things came to mind that having a degree does for you.

First, a degree gives you credibility. You all need to be proficient technicians in your Air Force specialty because one of the requirements for a degree from the Community College of the Air Force is job experience.

But credibility goes further than just being able to do the job. You will have the credibility that comes with the successful completion of a challenging task.

The world likes people who finish things, and like it or not, you started on your CCAF degree the day you entered basic training. You continued to make progress through tech school, earning your 5-skill level and for some of you, in Airman Leadership School or the NCO Academy but that is where the paths diverge. To get a CCAF degree you must choose to take up the challenge and continue your personal development through formal education. You will acquire training in leadership, management, history, problem solving and many other subjects to complete your degree. As a result you will

become not only a proficient technician but better prepared to lead and supervise others.

A word of caution though. Through education I learned there was more knowledge out there than one person could ever hope to grasp. There is no shame in saying “I don’t know” unless you were supposed to know and did not do your homework. The knowledge is out there so remember; ignorance is a challenge to overcome, not an excuse for failure.

A second thing education provides is opportunity. There are examples of this all over base. In order to be an instructor

● SEE CCAF PAGE 16

Action Line
Call 283-2255



BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you’re not satisfied with the response or

you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General’s Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-4715.

Below are more phone numbers that help you in resolving any issues with a base agency.

Commissary	283-4825
Pass and I.D.	283-4191
Medical and Dental	283-7515
MEO	283-2739

MPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
Legal	283-4681
Housing	283-2036
CDC	283-4747
Wing Safety	283-4231
Area Defense Counsel	283-2911
Finance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

AF approves wear of Afghanistan, Iraq campaign medals

RANDOLPH AIR FORCE BASE, Texas - The Air Force has authorized wear of the Afghanistan Campaign and the Iraqi Campaign medals.

The Department of Defense campaign medals apply to active duty, Reserve and Guard personnel deployed on or after Oct. 24, 2001 for Operation Enduring Freedom and March 19, 2003 for Operation Iraqi Freedom.

Airmen must have been assigned, attached or mobilized to units operating in Afghanistan or Iraq for 30 consecutive days or 60 nonconsecutive days to be eligible. The ACM is awarded for service for all land areas and all airspaces above Afghanistan. The ICM is for service covering all land areas of Iraq, all adjoining water areas out to 12 nautical

miles and all airspaces above those areas.

Service members are not entitled to more than one campaign and/or expeditionary medal for the same action, achievement, or period of service.

In addition, there are no devices for the ACM, ICM, and Global War on Terrorism Medal.

A period of service is defined as an area of deployment, and includes the number of days criteria outlined above. Members begin a second period of service when they

forward deploy or return to home station and then redeploy later.

Airmen deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days, between the eligibility period and April 30, 2005 may elect to wear either the appropriate campaign medal or the GWOT-E medal, but not both.

Those who deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days, after April 30 can

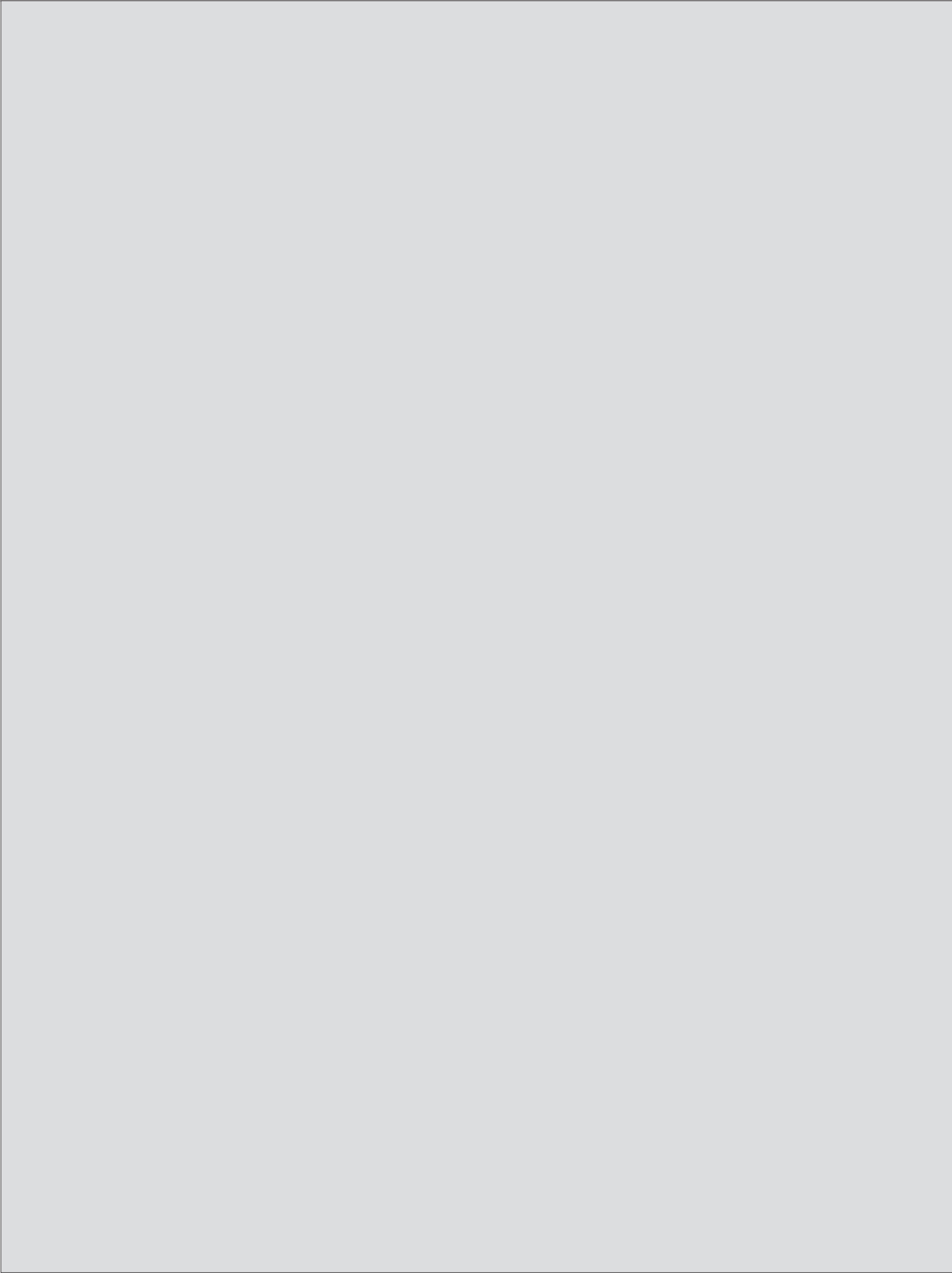
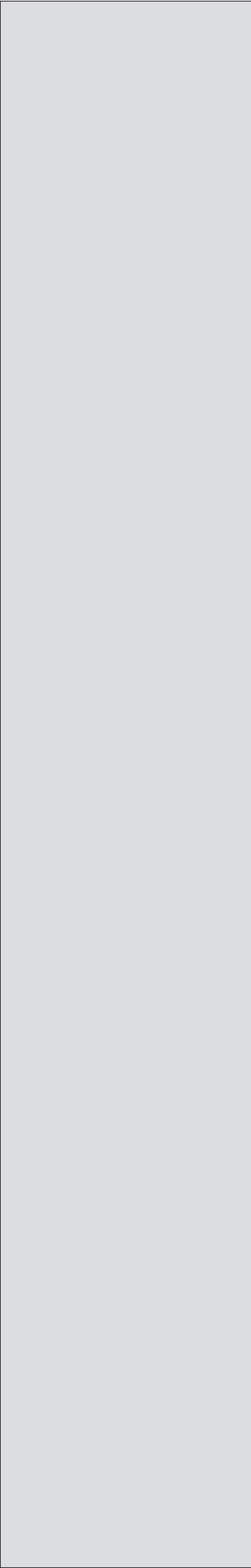
only earn the respective campaign medal for the area they served in.

The Air Force Personnel Center here will do a mass system update in August to convert GWOT-E medals to ACMs or ICMs, for Airmen now eligible for one of the campaign medals. Airmen who do not want the GWOT-E medal converted should notify their commander's support staff or military personnel flight.

The ACM shall be positioned below the Kosovo Campaign Medal above the ICM, and the ICM shall be positioned below the ACM and above the GWOT medal.

For more information, people can contact the Military Personnel Flight at 283-2276, or their squadron's commander's support staff.





2006 USAF Thunderbirds team includes first female fighter pilot

NELLIS AIR FORCE BASE, Nev. (AFP) – U.S. Air Force Air Demonstration Squadron, “Thunderbirds,” officials announced their new pilots for the 2006 demonstration season which includes the first female demonstration pilot in the 52-year history of the Thunderbirds.

Capt. Nicole Malachowski, of the 494th Fighter Squadron at Royal Air Force Lakenheath, England, joins the team as the first female demonstration pilot on any U.S. military high performance jet team.

Lt. Col. Kevin Robbins, from the Air Force Weapons School here, was selected to be the lead pilot and the squadron commander.

Capt. Ed Casey, of the 56th Training Squadron at Luke AFB, Ariz., was the other new demonstration pilot named to the team.

Capt. Tad Clark, of the 52nd Operations Support Squadron at Spangdahlem Air Base, Germany, is the new advanced pilot

and narrator.

Returning pilots include Maj. Rusty Keen, Steve Horton, Brian Farrar and Jeremy Sloane.

The U.S. Air Force Air Demonstration Squadron is an Air Combat Command

unit comprising eight pilots, six of whom are demonstration pilots; four support officers; four civilians; and about 120 enlisted Airmen in more than 29 career specialties.



Courtesy photo

Capt. Nicole Malachowski was selected for the 2006 U.S. Air Force Air Demonstration Squadron, “Thunderbirds,” team.

● SEE PILOT PAGE 16

101 Critical Days of Summer: It’s everyone’s responsibility

Have you ever wondered why the period of time between Memorial Day and Labor Day is referred to as “The 101 Critical Days of Summer?” Because this is the time of year when the most accidents happen. Since 30 May, 16 Airmen have died in accidents. Some recent examples:

- June 30, a 19-year-old male Airman 1st Class, drowned when a boat he was in capsized. The member was not wearing a life vest.
- July 2, a 20 year-old male Airman 1st Class sustained fatal injuries in a multi-vehicle car accident.
- July 3, a 21 year-old Senior Airman sustained fatal injuries in a motorcycle accident.

What does this prove? It proves that accidents are not predictable, and they are happening. In the last ten years more than 1,000 Air Force people died in accidents.

Every unnecessary risk taken by a member is another death waiting to happen.

Every time you forget to remind your wingman to buckle up, you’re helping them become a statistic.

Every time you drink and drive, you are taking the chance that your name will be on a report the following day, only you will be referred to as “the deceased.”

Do not fail your wingman, your unit, your family, or yourself. Take every safety precaution possible at all times. Our people are our greatest asset. We can replace aircraft, equipment, and buildings, but we cannot replace you. Make sure this summer, and all year long, that you are safe and your wingman is safe, because our people are what make us the greatest Air Force in the world.

(Courtesy of AIM Points)

New MSG commander ready for challenges ahead

MASTER SGT. MARY McHALE
325th Fighter Wing Public Affairs

Command of the 325th Mission Support Group changed during a morning ceremony at the Officers' Club July 7.

At the ceremony, presided over by Brig. Gen. Jack Egginton, 325th Fighter Wing commander, Col. Marc Luiken assumed command from Col. Martin Sayles, who departed for Scott AFB, Ill where he will be the deputy director of personnel for Headquarters Air Mobility Command.

Colonel Luiken is an Air Force Academy graduate and command pilot with more than 3,899 hours in aircraft that include the F-15E Strike Eagle, A-10 Warthog and F-16 Fighting Falcon.

The colonel comes to Tyndall from Yokota AB, Japan, where he was deputy commander of the 374th Mission Support Group. As commander, 325th MSG, the colonel is responsible for providing support to not only 325th FW units, but those of 1st Air Force and 30 associate units. Support functions he administers include security forces, communications, civil engineering, personnel, transportation, supply, contracting and services support for more than 27,000 active duty, civilian and retired personnel.

"It's great to be here," the new commander said. My family and I are excited to be part of the Tyndall team. My number one goal is to support the people of Tyndall, providing them a great place to live and work so they can continue to support the wing's mission of training our future air dominance force."

The colonel, who said that working with people is what he enjoys most, also realizes there are challenges ahead.

"Making the most of the resources we receive to ensure our Airmen are adequately trained and equipped to support our local mission and our global commitment is probably the biggest challenge we face today," he said.

To help face that challenge, he presents his version of a time-honored philosophy.

"Thomas Edison once said, 'Genius is 10 percent inspiration and 90 percent perspiration.' The Luiken corollary to that quote is 'Success is 10 percent aptitude and 90 percent attitude. An enthusiastic approach to your work provides a positive impact to the people you work with and those you lead.'"

Reflecting on his 20-plus year career, the colonel said probably the biggest change he's seen in the Air Force is its downsizing.



Steve Wallace

Brig. Gen. Jack Egginton, left, hands the 325th Mission Support Group guidon to Col. Marc Luiken, the new 325th MSG commander at a ceremony here July 7.

"It has created some tough challenges, but I also believe it has strengthened the Air Force," he said. "Our end strength limit demands we keep only the best, and I believe we have done that. The talent and capability of the folks we are recruiting and retaining is just incredible. I am looking forward to working in this great wing, with its proud heritage of excellence and outstanding people."

Checkertail Salute

Marty Spikes



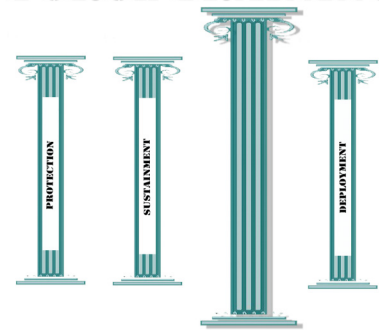
Mr. Spikes receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Jack Egginton, 325th Fighter Wing commander.

The Checkertail Clan salutes Marty Spikes, 325th Civil Engineer Squadron readiness chief. Mr. Spikes provided critical information to wing leadership, Air Education and Training Command, higher headquarters and regional emergency operations centers during Hurricane Dennis. He coordinated the base recovery element and the base rideout element before, during and after the storm, and ensured the teams had the necessary equipment and tools needed to secure and protect the base.

Duty title: Readiness chief
Time on station: Four years
Time in service: Five years
Hometown: Panama City
Hobbies: Coaching youth sports and spending time with my family
Goals: To be the Air Force leader on hurricane preparedness
Favorite movie: "The Rookie"
Favorite book: "Rogue Warrior" series
Favorite thing about Tyndall: It's my home
Pet peeves: Unprofessional people
Proudest moment in the military: Receiving recognition as Checkertail of the Week

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

FORCE TRAINING



Training Spotlight

How did you feel your first time in the tower?

“My first time in the tower was exciting and rewarding – to finally put the academic information to use in a real world setting.”



2ND LT. DAVE FRIEDEL
325th Operations Support Squadron
Airfield Operations Officer Training
Program student

No more pencils, no more books: OTP student makes sure to take time to relax

STAFF SGT. BENJAMIN ROJEK
325th Fighter Wing Public Affairs

All work and no play makes Jack a dull boy, which is why one airfield operations officer training program student here finds time to have fun in between cramming for tests.

When he’s not working on the air traffic control tower simulator, testing, or getting actual live time up in the tower, 2nd Lt. Anthony Hayes, 325th Operations Support Squadron, can be found enjoying what Tyndall and the surrounding areas have to offer in the way of recreation.

“I’ve always liked fishing,” said Lieutenant Hayes. “I’ve always gone freshwater fishing, but a lot of the guys here talked about saltwater fishing. They talked me into it.”

Using fishing time as a way to relax and catch dinner, the Columbia, Ala., native said his favorite spots on Tyndall for saltwater fishing are Red Fish Point and out at the Bonita Bay Marina.

“I’m just learning and not very good at it, yet,” he said. “I’m catching keeping size, but no monsters.”

Although he says that fishing is the most relaxing way to spend a day, he really prefers riding his motorcycle.

“I have an ’86 Yamaha V-Max that I ride every week,” said Lieutenant Hayes. “I do a lot of scenic riding with my wife. It’s a way for us to spend time together and relax.”

The 35-year-old motorcycle enthusiast prefers to go riding along country roads, but some-



Second Lt. Anthony Hayes, an airfield operations officer training program student here, surveys the “flightline” in the simulator here Wednesday. Inset: Lieutenant Hayes makes use of his off-duty time by riding his motorcycle. He also enjoys spending time fishing at Tyndall or visiting nearby relatives.

times he and his wife will cruise up to the beach, taking the long way to Pensacola or Destin.

“Once you’re off the strip, you’re not worried about cars or traffic,” he said. “It’s just the open highway.”

When he’s not spending time listening to the ocean waves or the sound the wind rushing by his bike, Lieutenant Hayes makes sure get out with his classmates for some squadron functions.

“We do car washes, bake sales – all sorts of fundraising activities for the squadron holiday fund,” he said, “but we’re also planning a boat-

ing trip and golfing day for this summer.”

He said that getting out with the people in his squadron helps build teamwork.

“It definitely creates a more cohesive team and a relaxed working environment,” said Lieutenant Hayes.

Making sure to take time to relax is a good way to relieve stress, he said.

“Our class has a steep learning curve,” said Lieutenant Hayes, who graduates next month. “It can be a little stressful as you start out, but doing things like fishing or riding a bike is a great stress relief.”

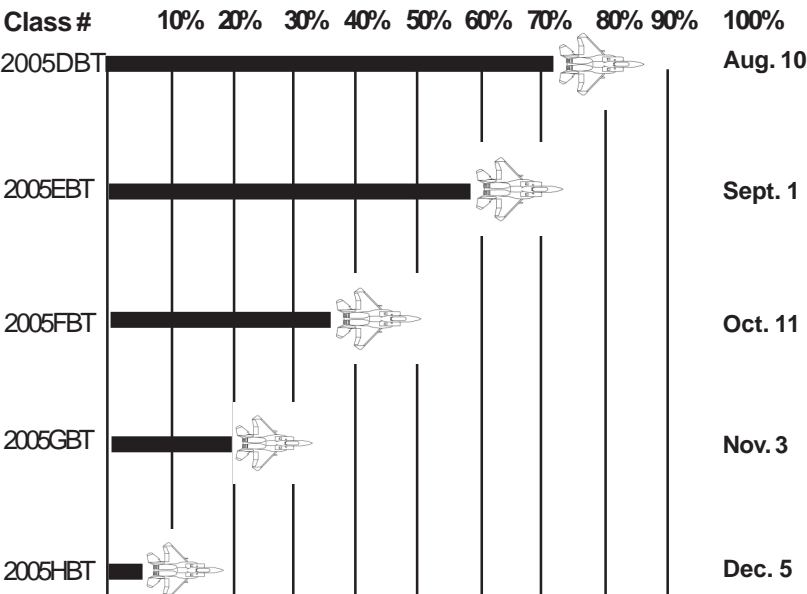


Airman 1st Class Sarah McDowell

Badge practice

During graduation practice, Capt. Hank Hamilton, left, 325th Air Control Squadron Air Battle Manager instructor, places a name tag instead of an ABM functional badge on 2nd Lt. Kevin Devine, 325th ACS ABM student. Lieutenant Devine is with ABM Class 05014, which graduates Wednesday.

F-15 Eagle B-Course progress chart





Menaced by Dennis:

Tyndall evacuates, returns to assess the damage caused by Florida's latest hurricane

Steve Wallace



Maj. Susan A. Romano



Capt. Steven Vilpors, 325th Operations Squadron W... Hurricane Watch Team July 7 during preparations f... upon Tyndall July 10. The damage to Tyndall facilit



Isaac Gibson

Left: The Tyndall flightline stands empty after the jets were evacuated for Hurricane Dennis, which hit July 10. Above: An awning that covered the Garden Center at the Base Exchange here collapsed in the hurricane. Although no one was injured on base during the storm, there was damage to several facilities. Right: The boat slip at the Bonita Bay Marina was damaged during the storm. The boat slip was also damaged in last year's Hurricane Ivan. It had been repaired by the Base Club members. Bottom right: A tree collapsed onto a light pole in base housing on Highway 90. Bottom far left: A large branch broke off a tree and fell into a yard in base housing. Members of the 25th CES worked diligently to clear debris and repair damage to base roads and facilities.



Isaac Gibson



1st Lt. Albert Bosco

Weather Operations commander, briefs members of Tyndall's 25th CES for the arrival of Hurricane Dennis. The hurricane finally fell on the base. Estimated damage to the base was about \$2.1 million dollars.



Maj. Susan A. Romano

ARTICLE 15

The following adverse actions took place at Tyndall AFB in June 2005.



A senior airman received a reduction to airman first class and a reduction to airman (suspended), forfeitures of \$100 pay per month for two months (suspended), 30 days extra duty and a reprimand under Article 15 for disrespect to an officer, in violation of Article 89, UCMJ.

A staff sergeant received a reduction to senior airman, forfeitures of \$150 pay per month for two months, 30 days extra duty, and a reprimand under Article 15 for reckless endangerment, in violation of Article 134, UCMJ.

An airman received a reduction to airman basic (suspended), 15 days extra duty (suspended), and a reprimand under Article 15 for false or unauthorized pass/permit/ID offenses; wrongful use or possession with intent to defraud, in violation of Article 134, UCMJ.

A senior airman received a reduction to airman first class (suspended), forfeitures of \$100 pay per month for two months, 15 days extra duty, and a reprimand under Article 15 for reckless driving, in violation of


Article 111, UCMJ.

An airman first class received a reduction to airman (suspended), forfeitures of \$50 pay per month for two months (suspended), 30 days extra duty, and a reprimand under Article 15 for failure to go, in violation of Article 92, UCMJ.

A senior airman received a reduction to airman first class and a reduction to airman (suspended), forfeitures of \$100 pay per month for two months (suspended), 30 days extra duty, and a reprimand under Article 15 for disobeying a superior, leaving place of duty, and making a false official statement, in violation of Articles 89, 92, 107, UCMJ.

There's only one way
to come out ahead
of the pack.

QUIT



American Heart
Association

WE'RE FIGHTING FOR
YOUR LIFE

Red Cross and AAFES partner to help deployed troops

SGT. 1ST CLASS HEATHERANN S. BOZEMAN
Army & Air Force Exchange Service

BAGHDAD, Iraq — Mary Basiliere and Tom Pillsworth work for the American Red Cross in Baghdad, Iraq. Today, they get to do what Basiliere calls the best part of her job. With donations from unnamed supportive Americans in hand, Basiliere and Pillsworth get to work, walking around the large gravel Post Exchange parking lot filled with various military vehicles on Camp Liberty.

As troops climb in and out of up-armored trucks and Humvees, the American Red Cross volunteers spot three service members taking off their body armor and Kevlar helmets to head into the PX. Basiliere approaches and introduces herself. Her bright smile and genuine care softens the troops immediately.

The three weary warriors listen intently as Basiliere tells them that through the generosity of everyday Americans they can each have a prepaid phone card and a \$10 gift certificate to spend as they please at the PX.

The sergeant among them laughs and in an amazed tone thanks her. The two specialists join suit thanking Basiliere as well. Then Basiliere reminds them that folks back home are proud of what they’re doing and want to show their support.

“This gift certificate will really help out with

the stuff I need,” said Spc. Shubie Abercrombie, with the Georgia National Guard. “Plus I can call my fiancé with the calling card which is a huge help since she wants me to call a lot.”

Basiliere explains to the tanned faces that any American can log on to aafes.com to purchase “Gifts from the Homefront” gift certificates or “Help Our Troops Call Home” Military Exchange Global Prepaid Phone cards that are distributed by the American Red Cross at locations throughout Iraq and Afghanistan.

In Operation Iraqi Freedom, the Army & Air Force Exchange Service operates more than 54 retail facilities providing everything from the latest CDs and DVDs to snacks and energy drinks. The deployed service members are able to shop for the things they need and want.

“Sometimes it’s not the brand I want, but they have the stuff I need, like aspirin and shaving cream,” said Spc. Clayton Muehlenbrock also deployed with the Georgia National Guard. “And I use Mach 3 razors, so the disposable razors in the care

packages aren’t what I use.”

“Help Our Troops Call Home” phone cards and “Gifts from the Homefront” gift certificates are distributed to troops deployed to Iraq by the American Red Cross Headquarters in Washington D.C. The donated Military Exchange Global Prepaid phone cards and gift certificates reach four separate Iraq American Red Cross offices through the mail system. Each day Basiliere checks with hope.

“We really need more than we are receiving,” said Basiliere. “We get about 10 or 11 \$10 gift certificates and maybe 20 calling cards each week and they’re gone as soon as we get them in.”

Basiliere has been in Baghdad for four months. She says the cards and certificates sent through aafes.com are the sustaining force in her operation.

There are currently 65 AAFES phone centers on various camps and forward operating bases throughout Operations Iraqi and Enduring Freedom where the Military Exchange Global Prepaid phone cards can be used.

Deployed service members say a phone call home is their greatest need.

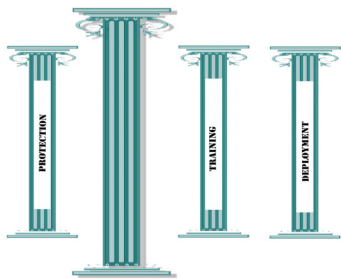
“I’m going to call my dad,” said Sgt. Michael Baldwin, Fort Hood Texas. “It was really nice to have the Red Cross lady give us all (a phone card). When I first saw the Red Cross patch I thought uh-oh. So it was a nice surprise to be handed the calling card. It’s definitely something I’ll really use.”

While “Help Our Troops Call Home” phone cards are given out randomly to troops coming off patrols, they are also used to help the American Red Cross with their primary mission of emergency notification. Basiliere says she has delivered nearly 6,000 messages since arriving in Baghdad at the end of February. Most of them have been death notifications to deployed service members. During this trying time for a service member the phone is their only link to family.

“Being able to hand them a calling card gives them one less thing to worry about,” said Basiliere. “They shouldn’t have to count minutes when their family really needs to know they’re okay, so the cards really help.

“We wish we had more to give to them,” she continued. “They work so hard and I love their faces when we surprise them with the gift certificates. There’s nothing like a Soldier’s smile through that sweaty, dirty, tough exterior. Nothing.”

FORCE SUSTAINMENT



Program aims to reduce divorce rates

DONNA MILES

American Forces Press Service

WASHINGTON (AFPN) – Recognizing the stresses military life and multiple deployments put on families, officials are stepping up their efforts to help servicemembers strengthen their family relationships and avoid divorce courts.

A full range of outreach programs — from support groups for spouses of deployed troops to weekend retreats for military couples — aims to help military families endure the hardships that military life often imposes.

Specific service-by-service statistics about divorce rates within the military were not available, but Army rates give a snapshot of what are believed to be a militarywide trend.

Army officials reported 10,477 divorces among active-duty force in fiscal 2004, a number that has climbed steadily over the past five years. In fiscal 2003, the Army reported less than 7,500 divorces; in 2002, more than 7,000, and in 2001, about 5,600.

During the past two years, the divorce rate has been higher among Army officers than their enlisted counterparts, reversing the previous trend, officials said. In fiscal 2003, the Army reported almost 1,900 divorces among its 56,000 married officers. The following year, that number jumped to more than 3,300 — an increase of almost 1,500.

These statistics reflect a general trend in American society, said Army Chaplain (Col.) Glen Bloomstrom, director of ministry initiatives for the Army’s chief of chaplains. Forty-five to 50 percent of all first marriages end

in divorce nationwide, he said, and the failure rate is even higher for second marriages: 60 to 70 percent.

Divorce rates run even higher in specific occupations, particularly those that expose people to traumatic events and danger, as well as heavy responsibilities and public scrutiny, Army officials said. Police officers, for example, face divorce rates averaging between 66 and 75 percent, they said.

Despite the nationwide trends, Chaplain Bloomstrom said that the numbers represent far more than just statistics.

“These are people we’re talking about,” he said. “When a marriage ends, it’s the end of a dream.”

The toll goes beyond the human side and affects military operations as well, he said. Servicemembers in happy marriages tend to be more focused on their jobs and less likely to have disciplinary problems, Chaplain Bloomstrom said. They are also more likely to remain in the military.

While the Air Force does not have servicewide marital support programs, Air Force officials said individual bases offer a wide variety of programs to support military families and help them through separations, deployments and the stresses relating to them. Programs are offered through family support,



Courtesy photo

chaplain and mental-health counseling networks.

Chaplain Bloomstrom said he is optimistic about the emphasis the military services are putting on programs for married servicemembers. The goal, he said, is to help couples recognize and address danger signs before they escalate.

Another objective is to help military couples get more satisfaction out of their marriages by injecting a healthy dose of “fun and friendship” that he said builds up their “emotional bank account.”

“We’re talking about investing in the relationship in the good times,” he said. “That way, when you have to make a withdrawal — as you do during a deployment — you still have enough left in the bank to cover it.”

Don't crack under stress:

Emotional health keeps Airmen whole

AIRMAN 1ST CLASS SARAH McDOWELL
325th Fighter Wing Public Affairs

(Editor's note: This is the last in a four-part series on the dimensions of overall human wellness, an initiative from the Air Education and Training Command.)

In 1987 there was a popular anti-drug commercial that paralleled a brain on drugs to eggs in a frying pan.

In these days, many people are unconsciously doing something similar to themselves; they are putting their brain under so much pressure through stress which can be paralleled with boiling an egg.

Releasing most, or at least some of this pressure is paramount to maintaining a healthy emotional dimension. Just like an egg slowly boils when the fire is up as hot as it goes, a person needs to learn when to cut off the burner and get some cooling time in before they find they are in an unchangeable state.

"Having fun is one of the most important parts of maintaining emotional health," said Capt. (Dr.) Lindsay Purvis, Life Skills element chief and clinical psychologist. "Our perception is our reality. How we think about something is how we feel."

One common, yet untrue perception is that seeking help during times of stress is a sign of weakness, and that only people termed "crazy" need the help of a professional.

"We see a lot of people who think that people who come here are crazy," Doctor Purvis said. "But, 99.9 percent are not."

In effort to help Tyndall members understand the importance of their emotional health, there are many places a member can go, such as the Life Skills Support Center, the Chapel, or their unit first sergeant.

"Sometimes people won't come to Life Skills because they think that it is going to ruin their career, but that is a big myth," Doctor Purvis said. "Coming here does not affect you career."

She also suggests that anyone who would like to talk about their emotional well-being with someone, should start with their first sergeant.

"Talking with your first sergeant will give you a good perspective of what resource you should use," she said. "People who need help but don't seek it are likely to be identified by their first sergeants and commanders as needing help."

People who suspect that they may need some help with their emotional state because they have noticed they are fatigued, easily irritated, started smoking or drinking more, withdrew from friends, and stopped doing things to take care of themselves such as work out and eat right, also have another option to seek help.

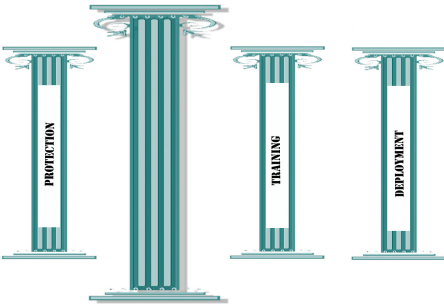
"We now have behavior health consultants, which is an alternative to Life Skills that keeps a person from opening a mental health chart," Doctor Purvis said. "This service is open to anyone over 18 that has access to the Tyndall Clinic."


Also, for those interested in learning more about emotional health in general can read the "Feeling Good Handbook" by Dr. David Burns. The book, which focuses on real and fictitious perceptions and how they shape each person's world, is available for free through Life Skills, each primary care manager or first sergeant.

"The book has been proven to help how people see the world and actually improves conditions such as depression and anxiety," Doctor Purvis said.

All of these are ways people can improve and maintain their emotional health here. And if people feel they can take on all the world's pressure on their own, they can also take a lesson from Humpty Dumpty, who sat on the wall all alone and when he fell off he couldn't be put back together again.

FORCE SUSTAINMENT






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Tyndall IDOL

Fridays August 5, 12, 19 & 26

Location: The Zone

Eligible:
All Ranks
All Club Members
18 years & older

Time: 6 p.m.

Everyone invited to participate as audience members!

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Limits 20 participants

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All ranks at the O' Club
July 15
5:30 - 8:30 p.m.

- ◆ Southern fried chicken with white gravy, black eyed peas, mashed potatoes, & collard greens
- ◆ Chicken fried steak with white gravy, black eyed peas, mashed potatoes, & collard greens
- ◆ Stuffed pork chops, mashed potatoes with gravy, chef's vegetables, & black eyed peas

All meals include dinner salad, cornbread & pecan pie

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Come join us...

All ranks at the O' Club
July 22
5:30 - 8:30 p.m.

Evening Dining Special

TYNDALL IDOL

● **FROM CCAF PAGE 3**

in Basic Military Training, one of our technical schools or one of our schools for professional military education, you must have a college degree. Once you complete your CCAF degree, your path toward that type of duty is cleared of a major obstacle.

Other opportunities are created by possession of a degree as you progress into the SNCO grades. Your CCAF degree in your Air Force specialty is considered to be a distinguisher between you and other outstanding performers when considerations are being made for promotion to our top two enlisted grades. Your choice to put forth the

effort to improve yourself pays, and not only in promotions while in the military. On average in the civilian sector, a person with an associate's degree will earn 3 to 5 thousand dollars a year more than someone with the same level of experience without a degree.

You will also have laid the groundwork to further your education. Many of the classes you take to complete your CCAF degree will transfer to other institution's Bachelor degree programs. This brings me to a third result of education, responsibility.

I like to collect bits of wisdom from unusual places and one of my favorites came from the television show,

"Walker, Texas Ranger." In a one episode Ranger Walker attempts to spur a young officer into action by telling him, "No action is an action." This concept applies here, too.

If you chose to take no action to increase your knowledge or raise your educational level your expected rate of return should be zero. On the other hand, if you progress, your opportunities and credibility will increase.

One area of responsibility not mentioned yet, is probably the most important. We must pass on what we learn. A common theme in leadership training is that you should always be training your replacement. Knowledge that is not passed on dies with the owner. As you share the

lessons you learn with your peers, subordinates, children and others, whether formally or casually, you will prevent the loss of vital knowledge. It has been said that we reinvent the wheel about every third generation. This wasted effort could be prevented if we make the extra effort to pass on what we have learned.

Finally I would like to leave you with a thought, something I saw on an elementary school bill board: "Those things learned with joy are best remembered."

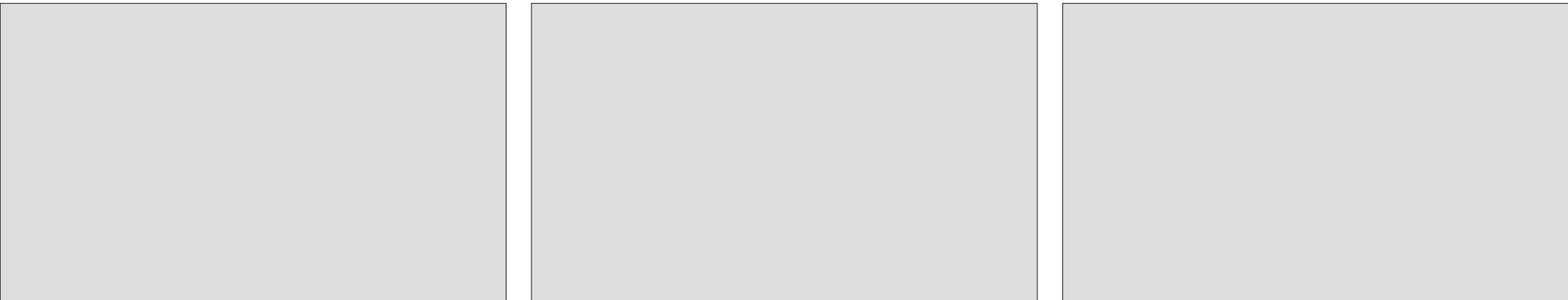
Have fun as you learn and share what you learn with others. If learning is an enjoyable experience then it is more likely to be sought out and repeated.

● **FROM PILOT PAGE 6**

A Thunderbirds' demonstration is a mix of six aircraft performing formation flying and solo routines. The four-aircraft diamond formation demonstrates the training and precision of Air Force pilots, while the solos highlight the maximum capabilities of the F-16 Fighting Falcon.

The team's first performance was June 8, 1953, at Luke. Since then, the Thunderbirds have flown for more than 310 million people at 3,944 air demonstrations in all 50 states and more than 60 foreign countries.

(Courtesy of ACC News Service)



AAFES to remove products containing pseudoephedrine

DALLAS – The Army & Air Force Exchange Service will remove products containing the solid form of pseudoephedrine from all store shelves effective July 31. These items include Advil Flu & Sinus, Aleve Cold & Sinus, Claritin D and Tylenol Allergy Sinus.

“We are in already in the process of removing these

products,” said Penny Madison, Tyndall AAFES general manager. “All our stock assortments will contain phenylephrine.”

The affected items will be replaced with products containing phenylephrine, an acceptable substitute for pseudoephedrine, as a relief for sinus congestion.

Tim Calkins, AAFES buyer for cold and cough products, explained that AAFES has already identified the replacement products, and will start shipping them to AAFES stores in July before the start of the cold and

cough season,” said Calkins.

To date, 16 states have passed legislation restricting the availability of cough and cold medicines containing the drug pseudoephedrine in solid form. AAFES has decided that removal of these products from all of its stores is in the best interest of all military communities.

AAFES is committed to maintaining safe communities by supporting all local, state and national initiatives to combat the manufacture of illicit drugs.

FORCE PROTECTION

